



Introduction

The Governor appointed, 16 member New Jersey Council on Physical Fitness and Sports (NJCPFS) is dedicated to helping to improve the health and fitness of all New Jersey citizens and to help make New Jersey the “Wellness State.” This book is designed to help individuals pursue healthy lifestyles. It’s an easy-to-read guide to better health and fitness for people of all ages.

On behalf of the contributors, we hope that this book opens new doors for you by introducing a wide variety of alternative activities and providing inspiration for keeping in shape. Enjoy your journey into the world of fitness and a long, happy and healthy life.

So what are you waiting for? Let’s Get Fit New Jersey!



Ben Schaffer

Past Chairman

New Jersey Council on Physical Fitness and Sports

